

Indiana State Department of Health Long Term Care Leadership Conference

March 18, 2008
Indiana Convention Center
Indianapolis, Indiana

Strategies for Behavior Management and Reduction of Restraints

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Invitation to the March 18, 2008 Leadership Conference

The Indiana State Department of Health (ISDH) invites you to attend the third Indiana Long Term Care Leadership Conference scheduled for March 18, 2008 in Indianapolis. The ISDH is planning an outstanding program. The topic of the March Leadership Conference will be *"Strategies for Behavior Management and Reduction of Restraints."* The ISDH invites you to join us as we address this significant healthcare problem.

Conference Topic: *"Strategies for Behavior Management and Reduction of Restraints"*

The third Indiana Long Term Care Leadership Conference will focus on behavior management and reduction of restraints. The Government Performance and Results Act of 1993 (GPRA) emphasized the identification of meaningful outcome-oriented performance goals that address the fundamental purpose of federal programs. The reduction of restraints was identified by the Centers for Medicare and Medicaid Services (CMS) as one of two GPRA goals for CMS Region V. The CMS Region V goal for the reduction of restraints in nursing homes is 4.5% with a stretch goal of 3.3%. As of the fourth quarter of 2006, Indiana's physical restraints rate was 5.4%. The Region V physical restraints rate average was 4.5%.

The March Leadership Conference will serve as a kick-off to initiatives directed at the reduction of pressure ulcers. The previous Leadership Conference held October 30, 2007 introduced the topic of reduction of pressure ulcers and this Leadership Conference will now introduce an initiative aimed at addressing the problem. Each participant will obtain information on how they can be part of the pressure ulcer reduction efforts.

Invited Participants

The ISDH invites each comprehensive care facility (nursing home) to send two representatives to the conference. Each facility may select the individuals attending the conference on behalf of their facility. The ISDH recommends individuals such as the facility administrator, director of nursing, or compliance officer. Corporate offices of facilities are also invited to send appropriate representatives.

The ISDH will also be inviting selected professional organizations and individuals to attend the conference. Invited organizations will include the Alzheimer's Association of Greater Indiana, HealthCare Excel, Hoosier Owners and Providers for the Elderly, Indiana Health Care Association, Indiana Hospital & Health Association, Indiana Homes and Services for the Aging, Indiana Assisted Living Federation, Indiana Ombudsman, patient safety coalitions and centers, and United Senior Action. The ISDH will also be inviting academic and legislative partners. All ISDH long term care surveyors will be attending.

About the Leadership Conference

The Indiana Long Term Care Leadership Conference is an initiative of the Indiana State Department of Health (ISDH). The ISDH is planning two Leadership Conferences per year – one in the spring and one in the fall. Each conference will be a one-day conference focusing primarily on a single issue. The first Leadership Conference on June 14, 2007 had 720 participants including participants from 313 long term care facilities and 12 healthcare organizations along with the ISDH long term care surveyors. The second Leadership Conference had 1,084 participants that included 370 long term care facilities, 43 hospitals, 28 healthcare organizations and consultants, and the ISDH long term care and acute care surveyors. Register today to be part of this growing conference.

Each conference will:

- Provide updates on the long term care licensing and certification program
- Discuss quality of care initiatives and programs
- Discuss an ongoing regulatory issue with a goal of clarifying regulations and providing improved guidance on issues
- Provide best practices on quality of care
- Provide an opportunity for increased interaction and awareness

The ISDH is excited to bring together statewide healthcare leaders to discuss and promote healthcare, the regulatory system and important quality of care issues. It is our goal to develop evidence-based standards that result in improved quality of care provided to residents while improving the effectiveness of the survey process. The conferences are an important opportunity for dialogue on long term care issues and improving the health of Hoosiers.

Preliminary Conference Program: March 18, 2008

The following is a preliminary agenda for the conference. The listed speakers have been confirmed. The times are approximate and may be adjusted as schedules and the program agenda are finalized. All sessions will be in the Sagamore Ballroom of the Indiana Convention Center.

7:30 – 8:30 Conference Registration

A continental breakfast will be available for conference participants.

8:30 – 8:45 Welcome and Announcements

Speaker: Terry Whitson, Assistant Commissioner, Indiana State Department of Health.

8:45 – 9:45 Good Care is Restraint Free

Speaker: Beryl D. Goldman, Ph.D., RN, NHA is Director of Outreach for Kendal Outreach, LLC, Kennett Square, Pennsylvania and Director of the Pennsylvania Restraint Reduction Initiative.

Topic: Ms. Goldman will provide an overview of the importance of reducing and eliminating restraints, achieving positive outcomes and maintaining the highest practicable well-being for the residents. She will discuss how the practice of caring for the long term care resident can change as a result of a restraint free environment.

9:45 – 10:00 Break

10:00 – 10:30 Regulatory Overview of Restraints

Speakers: Panel of Long Term Care Staff

Topic: The panel will discuss the regulatory requirement of 42 CFR 13(a) which states:

The resident has the right to be free from any physical or chemical restraints imposed for purposes of discipline or convenience, and not required to treat the resident's medical symptoms. Case studies will be reviewed.

10:30 – 11:45 Creating a Restraint Free Environment

Speaker: Joanne Rader, RN, MN, FAAN is an independent consultant and Associate Professor of Gerontological and Mental Health Nursing at the Oregon Health & Science University School of Nursing.

Topic: Ms. Rader will discuss the key elements, assessment, individualized care, and interventions, necessary to create a restraint free environment. Topics will include modifying the environment, recognizing behavior symptoms as unmet needs, developing acceptable outcomes, selecting appropriate approaches and interventions in order to reduce restraints.

11:45 – 1:00 Lunch

Lunch will be provided for conference participants.

1:00 – 2:30 Creating a Restraint Free Environment (Continued)

Speaker: Joanne Rader, RN, MN, FAAN

2:30 – 2:45 Break

2:45 – 4:00 Managing a Resident Drug Therapy and Behavior

Speakers: Gerald Roesener, RPH is President of the Indiana Academy of Long-Term Care Pharmacists and works with Cornerstone Pharmacy Services.

John Wernert, MD is a past President of the Indianapolis Medical Society and practices Geriatric Psychiatry in central Indiana

Topic: Mr. Roesener and Dr. Wernert will discuss how recognizing the importance of coordinating the medication regime with the individualized resident behavior management program will result in positive resident outcomes. They will also discuss chemical restraints.

4:00 Adjourn

Conference Location

Sagamore Ballroom
Indiana Convention Center
100 South Capitol Avenue
Indianapolis, IN 46225
<http://www.iccrd.com/conv/index.aspx>

Conference Funding

The conference is primarily funded through the ISDH civil money penalty fund. A small registration fee of \$50 will be charged to pay for meeting costs that cannot be paid by the civil money penalty fund.

Hotel Information

The ISDH expects that some individuals may need an over-night stay to accommodate travel time. There are numerous hotels in the immediate vicinity of the Indiana Convention Center. A list of hotels is available at the Indiana Convention Center Website at <http://www.iccrd.com/conv/hotels.aspx>. Participants are responsible for making their hotel reservations and any incurred expenses.

Continuing Education Units

Continuing education units will be available for social workers and health facility administrators.



Indiana State Department of Health

Indiana Long Term Care
Leadership Conference
C/O Meeting Services Unlimited
135 S. Mitthoeffer Rd.
Indianapolis, IN 46229

Registration Brochure

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